Ms. Bykonen PE

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Essential New Learning: June 8 – June 12

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|  | **Monday, 6/8**  **Cardio Day (Jog)** | **Tuesday, 6/9**  **(Dance)** | **Wednesday, 6/10**  **(Weight Train)** | **Thursday, 6/11**  **(Yoga)** | **Friday, 6/12**  **(CrossFit)** |
| **Instruction** | **PLAN Your JOG: 3.0 Miles**  **OPTIONS**  **1- use** [**GMAP Pedometer**](https://gmap-pedometer.com/)  **or similar internet mapping service:**  **2- use a treadmill with incline setting (if you have access/ must stay inside)**  **\*Have a TIMING device** | Please watch this brief intro before beginning the workout😊  -Ms. Bykonen  [Tabata Workout Intro](https://youtu.be/hmTO5AiQ0sg) | Review the exercises through this file:  [WORKOUT INSTRUCTIONS](https://drive.google.com/file/d/1tYzwEijHrC0H4i3rbjuSXgWlvEYMwymb/view?usp=sharing) | Ready your area with space to follow video and do some yoga.  Choose a video below! | 1. Review the [WATERFALL](https://www.instagram.com/tv/CBGquHhlhBE/)  Workout  2. Copy List of 10 exercises in video to reference during workout  3. Have a timing device |
| **Activity** | **Reminder your distance must be at least 3.0 miles.**  **Complete your JOG while using your timing device to track how long it takes you to complete.** | Make sure you have plenty of space to move around. Use a workout mat if you have one.  [Tabata Workout](https://www.youtube.com/watch?v=XIeCMhNWFQQ&t=1129s) | Complete Workout using this file:  [TATRO’S WEDNESDAY WORKOUT](https://drive.google.com/file/d/1QjgEX3mzIRB3CxroT3T_kWaN3RrlBcD1/view?usp=sharing) | YOGA BATTLE  MAY THE CHOICE BE WITH YOU! 😊  [YOGA w/BYKONEN](https://www.youtube.com/watch?v=1B2q81Pn_Fw&feature=youtu.be)  or  [YOGA w/GRATIAS](https://www.youtube.com/watch?v=_W6EgRxcgeA&feature=youtu.be) | Complete the  “Waterfall” workout as fast as you can and record your time. |
| **Office Hours** | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email | 10am-12pm via email |

**The google form is due by 9:00 PM on Friday 6-10**

**https://docs.google.com/forms/d/e/1FAIpQLScFUFYrwMYTo7JLUKcoVvTMZ\_ZP91EgF7FhuTcT9c6uCMiJeQ/viewform?usp=sf\_link**